

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Vlad 09:00 - 09:30	HIIT Lou 08:00 - 08.30	Strength & Conditioning Lou 08:30 - 09.15	Strength & Conditioning Mike 08:30 - 09.15	HIIT Lou 09:30 - 10.00	Pilates Lou 09:00 - 09:45	Yoga Sue 11:00 - 12:15
Legs, Bums and Tums Vlad 09:30 - 10:15	Legs, Bums and Tums Lou 08:30 - 09:15	TruPump Lou 09:15 - 10:00	Pilates Lou 13:00 - 13:45	Legs, Bums and Tums Lou 10:00 - 10:45	Body Balance Lou 10:00 - 10:45	
Upper Body Blitz Vlad 17:30 - 18:00		Pilates Lou 10:00 - 10:45	Upper Body Blitz Vlad 17:30 - 18:00	Pilates Lou 10:45 - 11:30	TruSpin Mike 10:00 - 10.45 / every first and last week of the month /	
Booty and ABS Vlad 18:00 - 18:45		Upper Body Blitz Mike 17:00 - 17:30	Booty & ABS Vlad 18:00 - 18:45			
Circuit Vlad 18:50 - 19:30		KettleBell Class Mike 17:30 - 18:00	Circuit Vlad 18:50 - 19:35			
TruSpin Sandra 19:30 - 20:15		Abs Circuit Mike 18:00 - 18:30				